



Slurrp It Up Meal Plan!

Month 6, Week 1 – Meal Plan

Monday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Raw Banana Cereal
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Tuesday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Thick Moong Dal (thick puree consistency) + Beetroot Sticks
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Wednesday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Ragi Porridge
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Thursday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Banana Mango (hand mashed) in Yoghurt
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Friday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Sathu Maavu Porridge with Tomatoes
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Saturday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Rice + Dal / Chicken Curry (with ghee)
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Sunday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Plain Egg Omelette cut into long strips / Roasted Tofu Strips + Steamed Apple Wedges
- 1pm ● Lunch
Breast Milk / Formula
- 3pm ● Early Afternoon
Breast Milk / Formula
- 5pm ● Late Afternoon
Breast Milk / Formula
- 7pm ● Dinner
Breast Milk / Formula
- 8pm ● Bed Time
Breast Milk / Formula

Points To Remember

- Give Breastmilk/ formula milk as per demand of the baby, at least minimum of 5 times a day.
- Breastfeed 30 to 45 minutes before the solid meal. If using formula milk feed an hour before the meal.
- Do NOT add salt, sugar, honey, jaggery to baby food.
- While making one pot family meals do not add chillies and salt while preparing the food. Remove a small amount for the baby before adding salt or chillies for the rest of the family.
- Chicken needs to be cooked well, soft and moist. Avoid chillies and salt. it can be shredded and mixed with rice/ hand mashed.

Disclaimer

Baby May Eat More Or Less. So Do Not Get Stressed Out

